

Do you have a **FEAR** of Falling ?

Do you stay home and avoid being active?

Learn what YOU can DO to MANAGE your fear

“A Matter of Balance” ©

Each program offered in weekly classes – 2 hours each week for 8 weeks

No charge

Space is limited

Pre-registration is requested

Topics –

- Understanding your fears
- Staying active through easy exercises
- Learning to communicate with your family and healthcare team
- Making safety improvements at your home
- Delaying complications
- Changing “Fall-ty” Habits

Where:

**Lions Club Park Senior
Center**

**1700 E Stan Schlueter Loop
Killeen**

When: 9 AM-11:30 AM

Oct.16th-Dec. 4th

Wednesday mornings

**To register or for more information please
contact:**

Theresa Mireles 254-770-2330

wellnesseducation@ctcog.org

